



Child and Family Centre

# Cambridge Family Early Years Centre

## Fall Schedule 2018

From September 4<sup>th</sup> to December 21<sup>st</sup>.  
We are closed October 8<sup>th</sup>.

149 Ainslie Street N  
Cambridge, ON  
N1R 3P4

[cambridgefamily@bellnet.ca](mailto:cambridgefamily@bellnet.ca)

[www.cfeyc.ca](http://www.cfeyc.ca)

Phone: 519 740-8353

Cambridge Family Early Years Centre  
 @CambridgeEYC

	Program	Days	Time	Dates	Location
Registered	Adult Education Series	Tuesdays	9:30 to 11:30	see back	Main Site
	Baby Connections	Thursdays	10:00 to 11:00	Oct. 18 to Nov. 8	Main Site
	Baby Massage	Fridays	10:00 to 11:00	Sept. 14, Nov. 2, or Dec. 7	Main site
	Community Kitchen	Thursdays	9:30 to 11:15	see back	Main Site
	Make the Connection (one)	Fridays	10:00 to 11:30	Sept. 28 to Dec 7 (excl. Oct 26 & Nov 16)	Main Site
	Me? Breastfeed Workshop (Host site)	Tuesdays	6:15 to 8:30	Sept. 18, Oct. 9, or Nov. 20	Main Site
	Mother Goose - Infants	Wednesdays	1:00 to 2:00	Sept. 12 to Oct. 31	Main Site
	Mother Goose - Infants @ The Terrace	Mondays	1:15 to 2:45	Sept. 10 to Nov. 5 (excl Oct. 8)	St Andrews Long Term Care
	Preparing for Parenthood	Tuesdays	6:30 to 8:00	Oct 16 to Nov 13	Main Site
	Sleep and Your New Baby	Tuesdays	1:00 to 2:30	Please register online for date of your choice	Main Site
	Young Parents Connect	Thursdays	1:00 to 3:00	October 11 to Nov 29	Main Site
Drop-in	Baby Playtime	Monday to Thursday	1:00 to 2:30	Starts Sept. 10	Main Site
	Baby and Me Breastfeeding Drop In ( Host Site)	Fridays	10:00 to 11:00	ongoing	Main Site
	Growing Healthy Two-gether (Host site)	Wednesdays	1:00 to 2:30	Start Sept. 12	Main Site
	Parents Learning Together	Wednesdays	9:30 to 11:30	Starts Sept. 12	Main Site
	Playtime at 149 Ainslie Street North	Mon, Tues, Wed, and Thurs	9:00 to 4:00	ongoing	Main Site
		Tuesday evening	6:00 to 7:30	ongoing	Main Site
		Fridays	9:00 to 12:00	ongoing	Main Site
		Saturdays	9:30 to 11:30	Sept. 8 to Dec. 15 (excl. Oct. 6)	Main Site
	Playtime at St. Andrew's Church	Mondays and Fridays	9:15 to 11:15	ongoing - Starts Sept 17	St. Andrews Church
	Playtime at Cedar Hill United Church	Wednesdays	9:15 to 11:15	ongoing - Starts September 12	Cedar Hill United Church
Playtime at St. Peter's School	Mondays	9:00 to 11:00	ongoing - Starts Sept 17th	St Peter School	
P.O.M.B.A Baby Play	T.B.A.	9:30 to 11:30	T.B.A	Main Site	
Preemie Chat & Play	T.B.A.	9:30 to 11:30	T.B.A	Main Site	
Consult Services	Child Care Subsidy Representative	Tuesdays	1:30 to 3:00	Sept. 18, Oct. 16, Nov. 20	Main Site
	Employment Services	Wednesday or Thursday	9:30 to 11:30	Call to arrange an appointment	Main Site
	Family Outreach Program	Monday and Thursday	varies	Call 519 742 8327 x253(Mon.) or 251 (Thurs.) to arrange an appt.	Main Site
	Speech & Language from KidsAbility	Wednesdays	9:30 to 11:30	Oct 10 & 24, Nov. 7 & 21, Dec. 5	Main Site
	WRFN Family Resource Coach	Fridays	10:00 to 11:00	Sept. 28, Oct. 26, & Nov. 30	Main Site
	Vision Clinic (partial and full exams)	Thursdays		Sept 20 & Nov 15	Main Site
Zero to Six Consultation	Thursdays	9:30 to 12:30	Sept 13 & 27, Oct 11 & 25, Nov 8 & 22, Dec 6	Main Site	

Early Literacy – Children’s early experiences with books and reading help prepare them for school and set them up for success later in life. Exposing babies to books and reading increases vocabulary and makes it easier for them to learn to read later on. Just as important, sharing books provides babies and children with warm and nurturing interactions with the adults they care about. Early exposure to language – whether through books, words, or songs – can help prevent problems and promote health. – Canadian Paediatric Society

*Scholastic Books is an affordable way for you to build your child’s library! See reception to place your order today.*



## REGISTERED PROGRAMS

**Baby Connections:** Baby Connections is a free community program that helps families to develop literacy skills with their babies from 6 to 12 months. Participants receive a kit of resources and use easy strategies to talk, sing and read with their baby. Reserve your spot today at <https://babyconnections.ca/> *Free, limited child minding services is available for older siblings, this cannot be reserved on-line, please call the Centre directly at 519 740 8353. Cost: Free*

**Baby Massage** Babies thrive on touch. To deepen the bond that you have with your baby, come learn the benefits and techniques of baby massage. Please bring a baby blanket and two receiving blankets. We will be offering three classes, please sign up for one only. *To register please call 519 740 8353. No sibling care. Cost: \$10.00*

**Mother Goose - Infants** A group for parents and non-walking infants. Interactive rhymes, stories and songs are presented to gain new skills for use at home. *To register please call 519 740 8353. No Sibling care. Cost: Free*

**Mother Goose - Infants @ The Terrace**, is held at 255 St Andrews Street with senior citizens. *To register please call 519 740 8353. No Sibling care. Cost: Free*

**Make the Connection (birth to 12 months)** incorporates together time activities, videotaping and discussions to help parents reflect on key components of secure attachment. This secure beginning sets in motion a positive course for a child's social and emotional well-being, learning in school and contribution to society. *To register please call 519 740 8353. This program is co-delivered with Family and Children Services. Free, limited child minding is available for older siblings. Cost: Free*

**Me? Breastfeeding Workshop** A free two hour prenatal breastfeeding workshop for moms, partners and support people. *To register please call 519 740 8353.*

**Preparing for Parenthood** Pregnant? Planning? This is often a time full of many questions. This free program offers information about having a healthy pregnancy and becoming a parent. Reserve your spot today at <http://www.earlyyearsinfo.ca/preparing-for-parenthood.html> *No Child minding provided. Cost: Free*

**Sleep and Your New Baby** Get to know more about your baby's sleep cycle and how to respond. A free session for parents of newborns from birth to 12 weeks of age. Along with your baby, you may bring a family member or friend for support. Reserve your spot today at [www.earlyyearsinfo.ca/sleep-sessions](http://www.earlyyearsinfo.ca/sleep-sessions) *No Sibling care. Cost: Free*

**Young Parents Connect** This is an informal support group for young parents. It provides an opportunity to meet other parents, share concerns and questions about parenting and how to make healthy food choices within your budget. A lunch is provided and all participants receive a cookbook, food certificates and bus tickets. *To register please call 519 740 8353. Free, child minding is available. Cost: Free*

## DROP-IN PROGRAMS

**Baby Playtime** A special playtime for parents and caring adults of non-walking babies. Connect with other adults and enjoy a circle time with your little one.

**Baby and Me Breastfeeding** Are you looking for somewhere to hang out and meet other breastfeeding families? Are you expecting soon and want to learn more about breastfeeding from experienced, trained peer volunteers? Come and visit the new Baby & Me Breastfeeding drop in. Breastfeeding Buddies will be available to answer breastfeeding questions, provide support and share community resources.

**Growing Healthy Two-gether** This program is for pregnant women needing support. The group will learn about having a healthy pregnancy, including healthy eating, get tips on cooking and meal preparation, meet other women, share questions and concerns about their pregnancy and prepare for birth and their new baby. Also, available—healthy snacks, food gift cards, free children's program, bus tickets, support from health care professionals, breastfeeding support and get information about other community services. For more information please call Carizon Family and Community Services Office 519 743 6333 ext. 383

**Parents Learning Together** Join Cambridge Family Early Years Centre's Peer Health Worker, Tracy, for coffee and conversation. This program provides an opportunity for parents to come together and have an informal discussion around parenting success and challenges. Topics are to be determined by the parents. Free, limited child minding is available for children up to 6 years.

**Playtime** How Does Learning Happen? Through Play! Parents and caring adults are welcome to bring their children (ages birth to 6 years) to explore our toys, books and dramatic play areas. Staff offer sensory ideas and lead families in circle time songs and activities.

**P.O.M.B.A Baby Play** Parents of Multiple Births Association (P.O.M.B.A.) meet to socialize, celebrate and strategize with other parents of multiple births. Having twins or more can be a challenging yet rewarding experience. This program focuses on families with multiples up to 12 months of age.

**Preemie Chat & Play** Join other moms and dads of children born prematurely, talk openly about your questions and concerns amongst a group who understands. Bring your children along for interaction with other preemies at different stages. *For children birth to six and their parents.*

### The CFEYC is a host site for the following programs.

**Baby and Me Breastfeeding** Contact: Michelle Buckner, Breastfeeding Buddies Program Coordinator 519 772 1016

**Growing Healthy Two-gether**, Carizon Family and Community Services Office 519 743 6333 ext. 383

**Me? Breastfeed Workshop** Contact: Michelle Buckner, Breastfeeding Buddies Program Coordinator 519 772 1016

**For more information please call them directly. Thank you.**

### Adult Education Series

**Participants sign-up for each individual session.** Free, limited child minding is available for children up to six years old. To register please call 519 740 8353.

Sept 18 **You and Your Pelvic Floor** Have you had a child, are pregnant or thinking about becoming pregnant and want to learn more about some of the changes that happen to your body? A Pelvic Physiotherapist will discuss some of these common changes, such as separation of abdominal muscles, leakage of urine and prolapses, and what you CAN do about them!

Sept 25 **Money Management Made Simple** Please join us for valuable financial coaching; brought to you by the professionals at Tri City Financial Group Inc. Learn about important topics including: Budgeting with any size income, understanding what is important, the impact of communication, the power of discipline and creating balance, ask the professional – Q & A

Oct 2 **Music: Not Just for Fun!** We will discuss the benefits of music education including why every child should learn an instrument, how it boosts their confidence and enhances cognitive skills. Janel will also share about her experience as a music therapist and how children with various diagnoses can improve speech, focus and movement through music.

Oct 16 **Extended Breastfeeding** Are you breastfeeding and returning to work/school? Are you wondering how breastfeeding and your job will work for you and your baby? Are you considering weaning, pumping or hand expressing? Come and learn some tricks about how to make the transition back to work/school, and how to prepare for this new chapter in parenthood!

Oct 23 **Essential Oils for the Winter** Cold and Flu season is just around the corner. Come learn how essential oils can help you and your family boost your immune systems and fight off those unwanted seasonal and environmental threats. Cost: Free with the option to purchase a take home immunity roller and intro booklet for \$5.00.

Oct 30 **French Immersion** A representative from the Waterloo Region District School Board will discuss the process, family responsibilities, Immersion versus Core French, and how to determine if it is a good fit for your child.

Nov 6 **Thinking of Being a Home Child Care Provider?** Do you love children? Would you like to learn more about being a home child care provider? A Consultant from the Home Child Care program with the Region of Waterloo will be here to answer your questions about having a child care business in your home. Also, she will talk about options for additional education in the child care field.

Nov 13 **Let's Sew!** Learn to create an easy, decorative warm hat for your little one! Cost: \$5.00

Nov 20 **Women's Hormones: A Naturopathic Approach** This seminar will discuss how hormones influence a variety of female conditions, and how a naturopathic medicine can help balance them.

Nov 27 **Car Seat Safety** A certified Car Seat Educator from St. John's Ambulance will provide useful information to help you buckle up your child properly from birth to booster seats.

Dec 4 **Homemade Learning Activities** Walk away with affordable ideas to encourage fine motor skills for toddlers and preschoolers. Cost: \$3.00

Dec 11 **Let's Read Interactively!** Join us as we explore a children's book together. Using the book as inspiration, we will create a take home item to extend the learning experience for your child. Cost for book and supplies: \$6.00

### Community Kitchen

Here is a chance to have fun with other parents trying out new recipes and sharing your culinary skills. All participants go home with dinner for the whole family that you can either enjoy that evening or freeze for another hectic day. **Participants sign-up for individual sessions of their choice.** *Free, limited child minding is available for children up to six years old. To register please call 519 740 8353.*

Sept 20 Spinach Stuffed Chicken Breast - \$12.00  
Sept 27 Zucchini Relish Cost: \$11.00  
Oct 4 **Vegetarian** Spaghetti Squash - \$12.00  
Oct 11 Ground Beef Enchiladas - \$10.00  
Oct 18 Cheesy Italian Tortellini (Crockpot) - \$12.00  
Oct 25 Greek Chicken and Greek Roasted Potatoes - \$12.00  
Nov 1 Cheesy Quinoa Veggie Bake - \$10.00  
Nov 8 Maple Ginger Beef - \$10.00  
Nov 15 One Pot **Vegetarian** Pasta Primavera - \$10.00  
Nov 22 Crispy Apricot Pork Chops - \$12.00  
Nov 29 Honey Garlic Chicken - \$12.00  
Dec 6 Penne with Italian Sausage & Peppers - \$10.00

### IN-HOUSE SERVICES

**(For appointments call 519 740 8353)**

*CFEYC Books for Birthdays: In the month of your child's birthday receive a free book (ask reception for details).*

*Region of Waterloo's Child Care Subsidy program helps parents pay for care so that they can go to work or school knowing their child is well cared for. Families of all sizes and incomes can apply. A Child Care Subsidy Caseworker will be on site to share information and answer questions. (Drop-in service – no appointment required)*

*An Employment Advisor from Lutherwood is available to assist with career planning, job search, resume and cover letter writing, and interview preparation.*

*The Family Outreach Program provides services to families with children with low income in the community. If you have any questions or want to set up an appointment please call 519 742 8327 ext. 3*

*A Speech & Language Pathologist from KidsAbility is available for consultation. For a complete language assessment please call KidsAbility 519 886 8886 x1214*

*Vision Clinic The University of Waterloo, Optometrist Department is on site to provide partial and full exams on children from six months to six years.*

*The Waterloo Region Family Network (WRFN) focuses on supporting all families impacted by special needs: with or without a diagnosis and regardless of age. A Family Resource Coach is available to connect with families to provide support for their unique needs and help with navigating community resources in order to make informed decisions. (Drop in service – no appointment required)*

*Zero2Six Consultation: Behavioural Consultants from Carizon are on-site to answer your questions and offer personalized support regarding your child's behaviour.*